

# HOCOK WORAK

Covering the Nation

Volume XX • Issue 09 • May 10, 2006

Look for the  
inside story...



**Tomah Native American  
Awareness Week  
Page 4**



**Have cue will travel..Tribal  
member Lance Blackdeer a  
regular on the pool circuit  
Page 3**



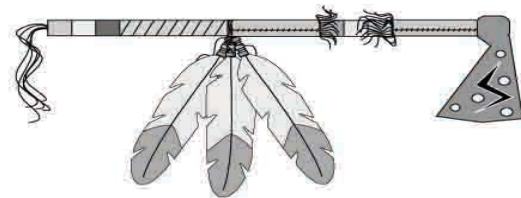
**Black River Falls School  
District celebrates  
Page 8**

**FIRST  
CLASS**  
U.S. POSTAGE PAID  
SPARTA, WI  
PERMIT # 132

HOCOK WORAK NEWSPAPER  
P.O. BOX 667  
BLACK RIVER FALLS, WI 54615

HOCOK WORAK NEWSPAPER  
TEL: (715) 284-2388 FAX: (715) 284-7852  
Please notify the Newspaper of  
any address changes or corrections

## Special Election cancelled



### Representative WhiteWing granted Preliminary Injunction

By John Kozlowsz  
Staff Writer

The May 2 Special Election, scheduled to fill the Area III Seat in the Ho-Chunk Nation Legislature currently held by Dallas WhiteWing, was cancelled following WhiteWing receiving a Preliminary Injunction in the Ho-Chunk Nation Trial Court. Currently on a medical leave following a September, 2005 accident, records indicate that WhiteWing was granted excused absences through March 22, 2006, at which time the Legislature passed Resolution 3-22-06 calling for the Election Board to hold a Special Election. At that time, Representative Kathy Whiterabbit, who serves as Chairper-

son of the Administrative Committee, noted that since October 2005 she had not received any official word from WhiteWing regarding his status or expected return.

Still recuperating at the VA Hospital in Tomah, WhiteWing received notice of the Special Election on March 24 and a week later filed a *Complaint for Declaratory Relief* in the Trial Court, stating that he had no prior notice of the Special Election and was not given the opportunity to present his case. He later argued that despite his injury, he is not "physically incapacitated" and with special accommodations is capable of carrying out his duties. He stressed that in his absence the Legislature has made no effort to accommodate his ability as a legislator.

A hearing on the matter was held April 12 in the Trial Court.

Article IX, Section 10 of the Ho-Chunk Nation Constitution states: **If a vacancy occurs in the Legislature because of death, mental or**

**physical incapacity, removal or recall vote, resignation, felony conviction, or for any reason, such vacancy shall be filled by a) If three (3) months or more remain before the next General Election, the Election Board should call a Special Election in the appropriate District to be held within thirty (30) days.** WhiteWing's term expires July 2007.

Noting that they did not remove WhiteWing but rather determined him to be "physically incapacitated," members of the Legislature believe that since his accident, Area III has not had adequate representation in the Legislature. They also stated that if physically capable, he could run in the Special Election.

In granting the Preliminary Injunction, the Court questioned the Legislature's ability to determine "physical incapacity." Because there are no set rules to guide the Legislature on the matter the Court determined that the Legislature offered no factual basis to declare

the seat open. Without a law governing attendance for its members, the Court ruled that under the circumstances the Legislature lacked the authority to call for a Special Election. It also noted that the Legislature did not follow routine procedure when placing the item on the March 22 Legislative Agenda.

Deciding that should a Special Election be held the Legislature would be at risk of having two elected officials for the same position the Court granted the Preliminary Injunction, adding that issuing the order was in the public's best interest. It ordered the Election Board to cancel the Special Election.

WhiteWing reported that he expects to be released from the hospital in two months and that he has made arrangements to chair Area III meetings via teleconference technology.

**NOTE: A notice for the Special Election was in the April 26 issue of the Hocak Worak. The newsletter was not informed of the Court's decision prior to that issue being published.**

## Attention Veterans

Below are web-sites found that provide information on Veterans benefits and how to file/ask for them. Accordingly, there are many sites that explain how to obtain books, military/medical records, information and how to appeal a denied claim with the VA. Please pass this information on to every Veteran you know. Nearly 100% of this information is free and available for all veterans, the only catch is: you have to ask for it, because no one will tell you about a specific benefit unless you ask for it. You need to know what questions to ask so the right doors open for you — and then be ready to have an advocate who is willing to work with and for you, stay in the process, and press for your rights and your best interests.

Appeals < [http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch05.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc) <[http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch05.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc)>>  
Board of Veteran's (tm) Appeals < <http://www.va.gov/vbs/bva/> <<http://www.va.gov/vbs/>

[bva/](http://www.va.gov/vbs/bva/)>>  
CARES Commission < <http://www.va.gov/vbs/bva/> <<http://www.va.gov/vbs/bva/>>>  
CARES Draft National Plan < <http://www1.va.gov/cares/page.cfm?pg=105> <<http://www1.va.gov/cares/page.cfm?pg=105>>>  
Center for Minority Veterans < <http://www1.va.gov/centerforminorityveterans/> <<http://www1.va.gov/centerforminorityveterans/>>>  
Center for Veterans Enterprise < <http://www.vetbiz.gov/default2.htm> <<http://www.vetbiz.gov/default2.htm>>>  
Center for Women Veterans < <http://www1.va.gov/womenvet/> <<http://www1.va.gov/womenvet/>>>  
>Clarification on the changes in VA healthcare for Gulf War Veterans < <http://www.gulfwarvets.com/ubb/Forum1/HTML/000016.html> <<http://www.gulfwarvets.com/ubb/Forum1/HTML/000016.html>>>  
Classified Records - American Gulf War Veterans Assoc < <http://www.gulfwarvets.com/ubb/Forum18/HTML/000011.html> <<http://www.gulfwarvets.com/ubb/Forum18/HTML/000011.html>>>  
Compensation for Disabilities Associated with the Gulf War Service < [http://www.warms.vba.va.gov/admin21/m21\\_1/part6/ch07.doc](http://www.warms.vba.va.gov/admin21/m21_1/part6/ch07.doc) <[http://www.warms.vba.va.gov/admin21/m21\\_1/part6/ch07.doc](http://www.warms.vba.va.gov/admin21/m21_1/part6/ch07.doc)>>  
Compensation Rate Tables, 12-1-03 <<http://www.vba.va.gov/bln/21/Rates/comp01.htm>

<<http://www.vba.va.gov/bln/21/Rates/comp01.htm>>>  
Department of Veterans Affairs Home Page < <http://www.va.gov/> <<http://www.va.gov/>>>  
Directory of Veterans Service Organizations < <http://www1.va.gov/vso/index.cfm?template=view> <<http://www1.va.gov/vso/index.cfm?template=view>>>  
Disability Examination Worksheets Index, Comp < <http://www.vba.va.gov/bln/21/Benefits/exams/index.htm> <<http://www.vba.va.gov/bln/21/Benefits/exams/index.htm>>>  
Due Process < [http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch02.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch02.doc) <[http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch02.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch02.doc)>>  
>Duty to Assist < [http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch01.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch01.doc) <[http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch01.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch01.doc)>>  
>Electronic Code of Federal Regulations < <http://www.gpoaccess.gov/ecfr/> <<http://www.gpoaccess.gov/ecfr/>>>  
>Emergency, Non-emergency, and Fee Basis Care < <http://www1.va.gov/opa/vadocs/fedben.pdf> <<http://www1.va.gov/opa/vadocs/fedben.pdf>>>  
>Environmental Agents < <http://www1.va.gov/enviroagents/> <<http://www1.va.gov/enviroagents/>>>  
>Environmental Agents M10 <<http://www1.va.gov/vhapublications>

[ViewPublication.asp?pub\\_ID=1002](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002) <[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1002](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002)>>  
>Establishing Combat Veteran Eligibility <[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=315](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=315) <[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=315](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=315)>>  
>EVALUATION PROTOCOL FOR GULFWAR AND IRAQI FREE-DOM VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU) <<http://www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOC> <<http://www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOC>>>  
and <[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1158](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1158) <[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1158](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1158)>>  
>See also, Depleted Uranium Fact Sheet <<http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc> <<http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc>>>  
>EVALUATION PROTOCOL FOR NON-GULFWAR VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU) <<http://www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC> <<http://www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC>>>

**The Hocak Worak will  
continue the list of  
web sites in Issue 10.**



Letter's to the Editor

We would like to take this opportunity to express our thanks to the Ho-Chunk Education Department Advocates, Forest County Potawatomi Education Department, and the Walking in Four Directions Program.

One day, we were concerned for our son Spencer Bourdon's report card. We noticed he was struggling with a few classes in the first quarter at the Crandon School District. Spencer is a Freshman and the only enrolled Ho-Chunk High School Student.

The year of February 1996, the Eland Elementary School screened him due to concerns of his language and concept skills. They wrote he struggled in answering questions, and reciprocal conversation. He didn't understand concepts in vocabulary. He demonstrated some thinking skills, but needed pre-reading skills. He was referred to a speech/language therapist. When Spencer transferred to Crandon School District, the evaluation was diagnosed with Learning Disability for Math and English.

Up until 8<sup>th</sup> grade, he received very little help from the district for his needs to be met. We would push him to do his homework, and make him stay after school with the Forest County Potawatomi Tutors. We made him attend Summer School to get him in the extra help. In Elementary school we checked his homework till midnight at times. Spencer has been very involved with sports with the Crandon School District (Crandon Cardinals) as well as with the Forest County Potawatomi Recreation Department (Thunderbirds) since he was 8 years old. These sports include basketball, football, baseball, softball, and Co-ed volleyball. His sports are a strength for him to keep him motivated and busy. He has received numerous athletic awards from the Forest County Potawatomi Community. He struggled in his English Class from the start. His English Teacher and other teachers, were not allowing Spencer to get out of class to receive help. "We requested Spencer should be able to leave class to get help from the Forest County Potawatomi Home School Coordinator and Tutors. We also thank the Forest County Potawatomi Education Department for their services, dedication, time, help, research and meetings for community members which include Spencer. We thank Daniel Smith, Myra VanZile, Denise Labine and Erlene Leonard for their correspondence, patience, help, phone calls and support. These people with the

Potawatomi Education Department helped Spencer throughout the years. I know they pushed him to do his work also, and always encouraged him and helped him in anyway He was not receiving any other help from the Crandon School District. I asked the English Teacher why couldn't Spencer leave her room? she stated to me it wasn't her policy to let anybody out of her room. Around this time, Spencer was involved in Freshman basketball, but because he failed English 2<sup>nd</sup> quarter, he could participate in practice, but wasn't allowed to play during the basketball games. He still attended games for the support of his team. According to the Crandon High School Athletic Activity Code, Spencer was ineligible to play at games because his one failed English Class. The Freshman Coach Rick Denton stated to him he would be a Starter, but too bad because of your F, you can't play because you're a good player. Spencer felt like quitting the team. But we told him not to worry, and that we would talk to the school. In reality we didn't know what else to do. We called the Ho-Chunk Education Department and asked if I could talk to anybody regarding my son's grades and to find out what else is available for Spencer. I was transferred to Melissa Schonasky, Advocate, and told her what was happening and situations that had happened. I faxed over his 2<sup>nd</sup> quarter report card, and she asked if he was involved with IEP meetings. Or if he has a LD. Melissa Schonasky asked me more questions and she suggested I request a meeting for Spencer, and she and Jean Stacy-Snow would attend.

I set a meeting up with the principle for Spencer to get help after the teacher's lecture to go into the Potawatomi tutor room. The meeting came with the Principle involved, and the Ho-Chunk Advocates arrived and fired away some good questions and wrote down documentation. It was set up for Spencer to leave after any lecture of classes to leave the classroom to get help from the Potawatomi Education Department. That's when the Ho-Chunk Advocates stated they will be involved with Spencer grades, meetings until he reaches 18. A few days later, after the 2<sup>nd</sup> quarter report card went out, is when Spencer came home to tell me he wasn't going to play games again for basketball. I know this hurt him again. He had a lump in his throat, he was hurt, mad at himself, mad at

the principle, mad at the coach and felt like giving up. It was so frustrating to see my son hurt. Spencer was working so hard in school, attending every practice for basketball, attending basketball games when he knew he couldn't play. Being involved with the Forest County Potawatomi Walking in Four Directions Program. (Teen Prevention Program), being involved with the Forest Potawatomi Recreation Program and doing homework and chores all at the same time. Melissa Schonasky and Jean Stacy-Snow came to another IEP meeting for Spencer. Usually these IEP meetings last for 15-20 minutes, and then their done. But this one lasted for approximately 2 1/2 hours. The advocates were very attentive, cooperative, sincere and questioned the team about past information and follow up measures, which no follow up was ever addressed about Spencer in past meetings. The advocates noticed the past information put in place wasn't very much. The advocates documented everything in writing and everything was stated. The advocates brought up the strengths that Spencer has, and that he never been brought up verbally in in any of the IEP meetings in the past. The advocates made Spencer feel at ease and comfortable when he was being questioned. Spencer learned for himself some information from teachers that he didn't know he even thought he had to do. The advocates were very thorough and covered everything in the IEP. The advocates covered his educational performance, and covered all the abilities Spencer can do. The advocates made sure everything so we could understand in plain English. The advocates brought up modification, mainstreaming, and if there was other resources for Spencer. The advocates recognized the classes Spencer was doing well in. the advocates asked Spencer about his goals, future employment, what he would do after graduation, and about his organization skills. The advocates made sure to hear from the LEA representative read out loud what the supplementary aids and services were to be and agreed on before handed in. The advocates made sure that we as parents understood and that our part of the meeting was very important. The advocates encouraged us parents to speak at the meeting, and asked us to share our concerns, questions, input or problems for Spencer. The IEP team before this from any other years,

never did this, ask our input and we just agreed on what the team agreed on. They never explained thoroughly for what they were going to do to help Spencer, and if it was followed up with. After the IEP meeting, the advocates came to our home. The advocates provided us some very valuable and important information. They provided our rights for Spencer and provided us our rights as parents. We are so thankful that the advocates informed us in advance of the opportunities for Spencer. We had no idea for Spencer to get help from other sources, resources, extra help, let him retake quizzes or tests. Copy of notes and to even modify IEP and follow up measures. The advocates provided us with paperwork, follow up meeting notes and follow up phone calls. The advocates made his self esteem feel good and the encouraging words they have shared, even being a Native American Indian, Ho-Chunk and a Warrior. Another important person to Spencer is Randall Peltier, from the Walking Four Directions Program. Randall has been involved with Spencer for the past few years. Randall has also attended IEP meetings for Spencer in the past as well. Randall has encouraged Spencer in many ways. Spencer feels he can trust Randall, and is comfortable in sharing his thoughts, ideas and concerns. When there is an activity with Randall, Spencer is there to help that he can in any way. Randall's program helps Spencer and keeps him occupied. A few days after the IEP meeting Randall came as support with me to talk to the principle about Spencer's basketball situation. We sat down with the principle, IEP rep., Athletic Director, to see if there was a way for Spencer to play at basketball games. The principle brought out the Athletic policies, and quoted from it. Randall Peltier and I discussed our concerns and even suggested a contract or plan for Spencer. We brought up issues, it wasn't Spencer's fault for failing, he was lacking the help with his English Class skills. I thought to myself, "how could these Teachers, Coaches and LEA rep., Principle, get away with not being responsible for my son's education, and for not providing the services or plans to improve his English skills?" I was very mad, and I did blame the school for his failing grade in English. I told the principle that I could go to the press with this

information. At the time we knew he wouldn't be able to participate in basketball games until January 19, 2006. I kept telling myself, this isn't right! We were directed from the principle to the Superintendent because the Principle had no authority to make a decision pertaining to issues like this. So, Randall and I walked down to the District Office, and met with Superintendent Mr. Richard Peters. We told him Spencer's situation and their wasn't any authority for him to make a decision. So we asked to be put on the school board meeting agenda. He put us onto the agenda that was scheduled for December 19, 2005.

On the date of December 19, 2005 we met with Crandon School Board. All in attendance was the whole school board, principles, Lea Rep., and all our support. Our support for our son Spencer Bourdon was: Myself, my husband Joseph Daniels Sr. Grandmother Nancy Prescott Great Grandmother Dolli BigJohn Melissa Schonasky Jean Stacy-Snow Myra VanZile Randall Peltier Vicki Valenti Alberta Hatmaker

We all expressed our concerns. We requested Spencer be reinstated immediately for basketball games to play, due to lack of help, resources and services the school has not provided for Spencer. The Ho-Chunk Advocates were very professional, positive, and encouraging. They pointed out facts, quotes, and answered all questions for our family. The advocates were very sincere, helpful, and straight to the point. They provided the School Board more information to look into. Jean and Melissa from the bottom of our hearts, thank you for accomplishing all you have done!

I encourage all parents to contact the Ho-Chunk Nation Education Advocate Jean Stacy-Snow and Melissa Schonasky. They are sure to follow up. I am sure people will benefit the ideas, input, suggestions, laws, they provide. I am so grateful the Ho-Chunk Education Department has caring people like Melissa and Jean. These ladies have opened up our eyes. They provided us important information and influenced us to get more motivated toward education. Thank you for submitting this: Joseph Daniels Sr., April Daniels, and Spencer Bourdon

Attention: The Next Deadline for the Hocak Worak will be May 17, 2006 at 4:30 p.m. That Issue, 10 will be out on May 24, 2006.

The Hocak Worak is a periodical published twice monthly by the Ho-Chunk Nation. Editorials and articles appearing in the Hocak Worak are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the Hocak Worak staff or the Ho-Chunk Nation. The Hocak Worak encourages the submission of letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content. The Hocak Worak reserves the right to reject any advertising, material, or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the Hocak Worak. The Hocak Worak will not assume any responsibility for unsolicited material. Submission deadlines for the Hocak Worak are the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday by 4:30 PM of each month. The Hocak Worak will not guarantee publication of submissions meeting these deadlines if space is not available. No part of this publication may be reproduced without the expressed written consent of the Editor. POSTMASTER: Hocak Worak pays return postage.

EDITOR.....Paul Arentz

STAFF WRITER.....John Kozlowski

STAFF WRITER.....Anna Reichenbach

DESIGN DIRECTOR.....Cookie LaMere

HOC AK WORAK NEWSLETTER

The Hocak Worak is a member of:



The Native Ame Journalist Assoi

P.O. Box 667 Black River Falls, WI 54615

• PHONE: (715) 284-2388

• NATIONAL TOLL FREE: (800) 472-3089

• FAX: (715) 284-7852

• E-MAIL: wo-lduk@ho-chunk.com

• ONLINE: www.ho-chunk.com



**STOMACH GROWLING?**

Satisfy your big hunger with something fast and filling

Food Distribution

(715)284-7461 (800)284-9466 Fax: (715)284-5620

Email: [brfw@discover.net-net](mailto:brfw@discover.net-net)

MAY-01—Closed for Inventory

MAY-09—Nekoosa 9:30am—1:30pm

MAY-11—Tomah 9:00am—3:00pm

MAY-16—WI Dells 9:30am—2:30pm

MAY-18—Wittenberg 10:00am—1:30pm



# Have cue will travel

Tribal member Lance Blackdeer a regular on the pool circuit

By John Kozlowicz  
Staff Writer

Though admitting that he’s not the best player in town, his region or even in his league, tribal member Lance Blackdeer of Black River Falls has aspirations to become a professional pool player. Encouraged that he is beginning to think like the pros, Lance who has been playing for 16 years, has taken his game to competitions throughout the Midwest. Winter weekends are spent competing in tournaments throughout the region and Lance also competes in a sanctioned league, traveling to La Crosse once a week for 22 weeks.

Now playing at a Class AA level as determined by the Billiards Congress of America, among his accomplishments are placing third at the 2003 State Champion. He later fell “one shot short” of earning a Masters rating in Wisconsin and Minnesota, a rating only slightly below the professional level.

Competing in mostly “8-ball” tournaments with a double elimination format, Lance stated that in addition to enjoying the competition against good players, he enjoys the side bets made that are independent of the prize money. On weekends where it is not uncommon to play 50-100 games sometimes one shot can determine who is walking away with cash in



Lance Blackdeer displays some of his equipment and trophies earned playing competitive pool.

their pocket.

Most of his experience has been playing on a 7’ table. Aware that most professional pool is played on 9’ tables, Lance is currently looking

for more opportunities to play on the bigger table. In addition to his “8-ball” experience, he has competed in “9-ball” favored by professionals and what he

considers “more of a gambling game.”

He added that as he considers trying to compete at the next level, he hopes to use his knowledge and

past experiences to give him the best shot to succeed. When not competing in tournaments or league play, where he has learned a lot from “my past mistakes,” Lance stated he has also learned about the game from reading “Billiards Digest” whose articles have provided him tips on how to pattern his game after professionals. “There’s a lot of improvising, the good player learns to overcome his mistakes,” he said. Though making the shot is usually the goal, Lance stated the real challenge is leaving the cue ball at a good angle for your next shot or leaving it in a position where the opponent is stymied. The keys, he said, are “developing muscle memory and using your mind to navigate the table.”

Like most sports, improved technology and specialized equipment has a role in competitive pool. For example, when playing a tournament, Lance brings along at least three types of cues; one to break the rack, one to jump the cue ball over a ball in its path and one for standard shots. Asked if technology has helped even out the playing field, Lance said that it had not and usually the best players still come out on top.

At the conclusion of a season in which he competed in both individual and team events held at various venues (including Native owned casinos), Lance said that his only disappointed is that for the most part the competitive season does not last year round.

# Bowling Flash!?!

Submitted by Janette Smoke

**The Hank/Jim Smoke Annual Bowling Tournament was just held 4-29-06. The results are as follows:**

**1<sup>st</sup> Place Team – Wat Tha H: Ken Littlegeorge Jr.(Captain), Jesse Cleveland, Don Rosen, Kelly Thundercloud and Roger Littlegeorge.**

**High Mens: Bill Ward  
High Womens: Jesse Cleveland  
Best Team Shirt: Wat Tha H  
There were many prizes**

**donated by: DeJope Bingo, Majestic Bines Casino, Harley-Davidson and Majestic Pines Bingo. We would like to express our gratitude for the donations, our heartfelt thanks to the participants and the donors. We will see you again in a year for our sixth! Thanks also to Bruce Gilson-Strike Zone. We all had a fun time!!!**

**The Smoke Bowling Tournament Committee**



Don Rosen, Jesse Cleveland, Ken Littlegeorge Jr., Kelly Thundercloud and Roger Littlegeorge.

# Group warns of mercury contamination during fishing season

Environmental and sporting group leaders recently warned anglers of the high level of mercury contamination and urged them to follow the fish consumption advisory issued jointly by the Wisconsin Department of Natural Resources and the State Health Department. The 2006 inland fishing season opened on May 6 amid warnings that fishermen monitor and limit what they eat.

“We encourage anglers to get out and enjoy the great fishery resources we have in this state; unfortunately, they also need to follow the state’s health advisory for how many fish to eat to avoid the adverse health impacts of mercury poisoning,” said George Meyer, State Director of the Wisconsin Wildlife Federation. “Even more importantly we need to clean up the power plants and incinerators that emit mercury as well as get mercury out of the

products going to our landfills.”

“Given the overwhelming evidence, only when we stop adding to the already excessive mercury contaminating our oceans, lakes and fish will we end mercury’s toxic threat to ourselves and our wildlife,” said Eric Uram, Toxic Specialist with the Sierra Club’s John Muir Chapter. “Ultimately Sierra Club wants to see eating fish and seafood as a healthy service for everyone; no matter where it’s caught, what kind of fish it is or how much or often you eat it.”

Research into public opinion over the last five years has shown overwhelming support for rulemaking and legislative initiatives for controlling mercury from power plants and other sources. Polling numbers done in 2002, 2003 and 2004 by different groups asking similar questions on citizen approval for controlling mercury pollution all resulted in the same overwhelming approval for action.

“Overwhelmingly, Wisconsin residents, not just those who fish for recreation or food, want to see a quick end to mercury’s widespread toxic legacy. Therefore, all controllable sources of mercury, whether from purposeful use or incidental emission, deserve policymakers’ immediate attention,” added Uram.

Mercury is a potent neuron-toxin that affects the brain and nervous system making small children and developing fetuses especially vulnerable. “National and state research findings show that about one-sixth of all women of child bearing age have some levels of mercury in their blood that would put an unborn child at risk,” said Keith Reopelle, Program Director for Clean Wisconsin. Studies have shown that mercury contamination in children causes lower IQ, reduced memory capacity, reduced attention span and reduced muscular coordination.

The largest source of mercury that end up in Wisconsin lakes and rivers are emissions from power plants, disposal of products with mercury such as thermostats and switches and the ERCO Worldwide Chemical Plant near Mosinee. “We need to protect our children by getting mercury out of these products and strengthening the mercury regulations on power plants,” said Reopelle.

In 2004 Wisconsin was the third state in the nation to establish a regulation to limit mercury emissions from power plants by 75 percent by 2015, a regulation that environmental groups say is too weak. Illinois, Michigan and Minnesota recently announced that they have a plan to establish regulations requiring a 90 percent mercury reduction. “it is now clear that Wisconsin can cost effectively reduce its power plant mercury emissions by more than 90

percent,” said Reopelle. He added, “if a coal state like Illinois with almost twice as many power plants as us can do it, so can Wisconsin. The utilities were effective in watering down our mercury regulations and our children will pay the price id we don’t fix it,” Reopelle added.

The Wisconsin DNR and Health Department has issued the following Fish Consumption Advisory for all Wisconsin lakes and rivers:

Women of childbearing years, nursing mothers and children under 15 are advised to limit the consumption of bluegill, perch and crappie to one meal per week. The consumption of game fish such as bass, northern pike and walleye should be limited to once a month.

Men and women beyond childbearing ages can have unlimited amounts of bluegill, perch and bass. They should limit the consumption of bass, northern pike or walleye to one meal per week.

# Soda industry to pull unhealthy beverages from schools

Move to combat child obesity seen as beneficial to farmers

U.S. Congressman Ron Kind (D-WI) joined other lawmakers recently in applauding the announcement by the nation’s largest beverage distributors that they will stop selling non-diet sodas in most public schools, a move that reinforces Kind’s previous efforts to improve child nutrition and promote milk as a healthy alternative in schools. The announcement is good news for Indian Country, where statistics indicate that obesity has now reached epidemic proportions among Native youth, a condition said to be the leading cause of Type 2 Diabetes. Under the agreement, diet soda will still be sold in public high schools but elementary and middle schools will offer only low-fat milk, unsweetened juice and water.

“I applaud the soda industry for taking significant and responsible action to combat the increasing epidemic of child obesity,” Kind said. He added that while obesity is a multi-faceted problem, curbing the availability of soft drinks in schools is a simple change to improve the health of students everywhere.

In 2005 The American Beverage Association reported that regular soda is the most popular drink among students, accounting for 45 percent of the beverages sold in schools. “The availability of soft drinks has been identified as one of the main factors influencing children’s decisions to not consume milk,” Kind said. “As schools move to replace sugared soda with healthy alternatives, producers are poised to offer more milk products in schools. Given the importance of milk as a principal source of calcium and the strong link between nutrition and academic performance, the potential benefits, both for child consumers and milk producers are immense.”

NOTE: Information in this article is part of a Press Release issued by Representative Kind’s office.





# Tomah Native American Awareness Week

By Cookie La Mere  
Design Director

## FRYBREAD CONTEST

Wednesday, April 19, 2006

9<sup>th</sup> Place – Lael Hall Jr.

8<sup>th</sup> Place – Traci GreyOwl

7<sup>th</sup> Place – Meko Deloney

6<sup>th</sup> Place – Trenton Littlegeorge

5<sup>th</sup> Place – Kayleen Hall

4<sup>th</sup> Place – Hayna Littlegeorge

3<sup>rd</sup> Place – Joey Stygar

2<sup>nd</sup> Place – Victor Bird

1<sup>st</sup> Place – Katelyn Bird

## Art Contest

Also Wednesday, April 19, 2006

Headstart – 2<sup>nd</sup> Grade

1<sup>st</sup> Place – “Rainbow” by Meko Deloney

2<sup>nd</sup> Place – “Cool Guy” by James Bird

3<sup>rd</sup> Place – “Lion King” by Jerrick Bird

Art Contest Winners continued

Grades 3-5

1<sup>st</sup> Place – “Beaded Cap” by Kayleen Hall

2<sup>nd</sup> Place – “Ceramic Purse” by Katelyn Bird

3<sup>rd</sup> Place – “Construction Mania” by Kenneth Littlegeorge III

Middle School – Grades 6-8

1<sup>st</sup> Place – “Wrestling Pillow” by Barbara Kmetz

2<sup>nd</sup> Place – “Painted Flower Garden” by Trenton Littlegeorge

3<sup>rd</sup> Place – “Handmade bag” by LaToya Guy

High School – Grades 9-12

1<sup>st</sup> Place – “Suk xete ska” by Casey Guy

2<sup>nd</sup> Place – “The oil Lamp” by SuLynn LaMere

3<sup>rd</sup> Place – “The Chief” by Levi Lincoln



Potluck was served at 6:00 p.m.



This years winners for the Frybread contest.



This years winner for the Art Contest.



Frybread Contestants, rolling in the dough.



Frybread Contestants, being judged.



Frying the bread



Coach Ken Littlegeorge helping out with last minute suggestions.



## ANNUAL NATIVE AMERICAN AWARENESS WEEK CLOSING CEREMONY POW-WOW

Friday, April 21, 2006

7:00 - 10:30 p.m.

By C-Ann Cooper, Home/School  
Coordinator-Teacher

Evening Meal sponsored by the Local Indian Education Committee – 5:00pm

Grand Entry – 7pm

Invocation

Veterans Song

Opening Remarks/Welcome –

Specials:

8:00pm – LIEC Presentation to the Administrators

### Present

Bob Fasbender, Superintendent

Greg Gaarder, Business Manager

Paul Skofronick, Pupil Services Director

Gloria Winchell, Curriculum Coordinator

Marlon Mee, High School Principal

Cale Jackson, High School Vice Principal

Shelly Benusa, High School Vice Principal

Cindy Zahrte, Middle School Principal

Michelle Clark, Middle School Assistant Principal

Patricia Ellsworth, Miller & Camp Douglas Elementary

Principal

Paul Wiese, LaGrange & Wyeville Elementary Principal

Sandy Murray, Lemonweir, Wyeville and Oakdale  
Elementary Principal

### School Board Members:

Gene Baumgarten, School Board President

Scott Nicol, School Board Vice President

Gary Grovesteen, Clerk

Dennis Workman, Treasurer

Joan Greendeer-Lee, Member

Mary Ellen Justinger, Member

Dave Stutzman, School Board Member

8:30pm – Special (Marty Ybarra)

9:00pm – Art and Frybread Contest Winners &

**Tomah Student Song**

(Read the winners of both contests and have them  
come up first)

(Then call the rest of the students to dance with  
them)

- Headstart – Grade 12

10:00pm – Head Dance Giveaways (?)

(Only if they mention that they would like to do something – we  
did not require it and left it up to the parents)

\* \* \* **Intertribal Singing and Dancing Throughout the  
Night** \* \* \*

\* \* **Door Prizes** \* \*

\* **Silent Auction** \*

### Thank You

On behalf of the students and parents, thank you for being here tonight and  
supporting the Tomah Area School District students, grades Headstart-12,  
in celebrating their annual Native American Awareness Week. We would  
also like to thank the many people who assisted in the activities this week:

- 1) **Artisans** – Bonnie Cleveland, Rita Kingswan, Scott Hill,  
Darren Thompson, Sarah Littlegeorge and Susette Arentz
- 2) **Drum & Puppet Show Presentations** – Elliot Funmaker,  
Richard Mann, C-Ann Cooper, John Lee, Joey Stygar, Monte  
Green Jr., Elaina Daugherty, SuLynn LaMere, Kelly Guy, Allie  
Hopinkah and Krista Redcloud
- 3) **Mini Pow-wows** – Elliot Funmaker, Victor Bird, Bobby Bird,  
Elaina Daugherty, SuLynn LaMere, Barbara Kmetz, Casey Guy,  
LaToya Guy, Katelyn Bird, Haven Lambert, Rita Kingswan and  
C-Ann Cooper
- 4) **Frybread Contest** – Trenton Littlegeorge, Kenneth  
Littlegeorge III, Victor Bird, Katelyn Bird, Kayleen Hall, Lael  
Hall Jr., Joey Stygar, Meko Deloney and Traci GreyOwl

Photos by Cookie La Mere  
Design Director



Elaina Daugherty Head Lady Dancer and Dashell Thunder Head Man Dancer



Master of Ceremonies Elliot Funmaker and Marty Ybarra



5 Guest Drums

- 5) **Art Contest** – Casey Guy, SuLynn LaMere, Levi Lincoln, Barbara  
Kmetz, Trenton Littlegeorge, LaToya Guy, Kayleen Hall, Katelyn  
Bird, Kenneth Littlegeorge III, Meko Deloney, James Bird, and  
Jerrick Bird
- 6) **Closing Pow-wow** – Elliot Funmaker (MC); drum groups – Iron  
Mound, Lake Delton, Old School, Bearheart, Wisconsin Dells,  
Chuck Davis & Boys; Dashell Thunder – head male dancer; Elaina  
Daugherty – head female dancer
- 7) **Local Indian Education Committee Officers, Parents, Grand-  
parents & Community Members** – Chuck Davis, Chairperson;  
Sherri Mann, Vice Chairperson; Justine Hill, Secretary; Rebecca  
Mann, Treasurer; Marty Ybarra, Tomah Youth Services, C-Ann  
Cooper, Home/School Coordinator – Teacher; parents and  
grandparents for sponsoring the delicious dinner
- 8) **Our Sponsors** – Tomah Area School District Title VII Program,  
Tomah Local Indian Education Committee, Tomah Youth Program,  
Youth Services



# Tomah Native American Awareness Week

Continued

Photos by Paul Arentz



Susette Arentz shares Ho-Chunk culture with High school students



Rita King Swan shows how pax ke's are made



Darren Thompson shares about the Native flute



Bonnie Cleveland teaches beadwork



Scott Hill shares his paintings and drawings



Sarah Littlegeorge talks about star quilting



Behind the scenes- Ho-Chunk language students puppet show



LtoR Kelly Guy, Krista Redcloud, Allie Hopinkah, John Lee, Joey Stygar, Elaina Daugherty, and SuLynn LaMere





# Black River Falls School District celebrates

## "Native American Awareness week"

By John Kozlowski  
Staff Writer

Between the Monday morning flag raising ceremony held at Gebhardt Elementary School and the Friday evening mini pow-wow held at the Middle School, students and community members living within the Black River School District celebrated a number of events during the "Annual Native American Awareness Week," held April 24-28.

In addition to mini pow-wows and dance demonstrations held in the schools, Native students participated in various activities held at the District I Community Center. The theme of the activities, *Native Way of Life-In Two Worlds*, enlightened students to the dual roles they have, both as Native people and as young members of the community. The week was highlighted by a Wednesday Night Banquet held at the Executive

Building at which Native students were recognized for both their academic and extra curricular achievements.

In past years events were held almost exclusively at the schools but this year moving activities to the Community Center was done with a purpose. In the past, said volunteer coordinator Melanie TwoBears, the focus was on sharing the Native culture with non-Native students. While that is still the case, she said that this year organizers decided to create an atmosphere that gave Native students the opportunity to become more aware of who they are and the role that their culture can have in the community. High school and middle school students spent Wednesday at the Community Center and HeadStart and elementary students had their special day on Thursday.

Addressing the older students, Bernie Stevens, a member of the

Oneida Nation and a Social Worker at Lincoln Hills Juvenile Detention Center, urged the students to learn their language, traditional ways and be proud of their culture. "Your generation is either going to make or break us," he said, adding "you're going to have the responsibility to carry on your Nation."

Stevens stated that because today's young Natives don't have to carry the burdens of their ancestors; they are in the best position to take the next step forward. Disturbed that many young Natives are convinced they get into trouble only because of their race, he instead insisted "it's not racism, it's your attitude." "Be responsible for yourself," he warned.

We live in a time when Native people belong, Stevens said. Noting that as individuals they can make their Nation strong, he advised students to be proud of their heritage without flaunting it. Aware that per-capita trust fund money is putting many young people in an enviable position never envisioned by their ances-

tors, Stevens worries that sometimes the money is leading young people to abandon their traditional ways. "Disrespect toward others was never our way, don't let other people drag you down," he said. He concluded by telling the youth that doing the best they can do is the best way of honoring the ancestors who suffered the indignities of the past.

Other educational workshops featured Judy Hawley, LPL Investment Representative, explaining the benefits of letting your money grow. "Make a plan, she said, telling students that your trust fund money "has great potential for you."

Jay Toth, an Archeologist with the Ho-Chunk Nation Cultural Resources Department worked with the students leading a "hands-on" search for planted artifacts outside the building.

Students learned to play the traditional Moccasin Game from tribal member George Garvin, helped prepare frybread in the kitchen and created their own posters with the focus on the two worlds in which they live.

In adding to making frybread, creating posters and participating in the Moccasin Game, younger students were exposed to the Ho-Chunk language during a Puppet Show presented by Tomah area students. Accompanied by Language Instructor Richard Mann and adult learner C-Ann Cooper, students Sulynn Lamere, Kelly Guy, Elaina Daugherty and Allie Hopinkah, shared their knowledge of the language using "Choka and his friends" to read a book, teach colors and numbers and give simple directions. Their presentation concluded with a game of "Choka says" that had students moving and laughing.

Other workshops were a dance demonstration given by singer Johnny WhiteCloud and dancers Kayla and Landis Cleveland; a Hoop Dance demonstration given by Chris DeMarrias and a game of musical chairs that found the students scrambling to find a chair when the music of the Drum stopped.

The event was coordinated by the Black River Falls Johnson O'Malley Local Education Committee. The meal at the banquet was prepared by the HeadStart Parent Committee in Black River Falls.



Archeologist Jay Toth prepares to lead students on a dig for "cultural artifacts."



George Garvin teaching and demonstrating the Moccasin Game.



Financial Investment Representative Judy Hawley learning to make frybread.



Tomah students (left to right) Sulynn LaMere, Kelly Guy, Allie Hopinkah and Elaina Daugherty sharing the Ho-Chunk Language.



Young students making frybread.



Johnny WhiteCloud with dancers Kayla and Landis Cleveland.



# Black River Falls School District celebrates

Continued Photos by Anna Reichenbach and John Kozlowski



Johnny WhiteCloud getting everyone to dance.



The Drum leads a game of Musical Chairs at the Community Center.



Wilfrid Cleveland welcomes students to the Community Center.



Flag raising at the Friday night Middle School Pow-Wow



Female dancers preparing to perform



Inter-tribal dance at the Friday pow-wow



Dancers of all ages enjoying the songs



More Inter-tribal dancing



# Congratulations Black River Falls Students

**High Honors**  
Breeze Decora  
Eryn Sanborn  
Christina Mach  
Keisha Vasquez  
Jordan Merfeld  
Margarita White-Hernandez  
Precious Roberts  
Forrest Whiterabbit  
Shena Munden  
Brockton Garvin  
Zach Quackenbush  
Skylar Whitegull  
Raquel Greendeer  
Webona Toth  
Melissa Mach  
Ashley Gulbranson

**Honor Roll**  
Heaven Decorah  
Gabrielle Rave  
Eryn Sanborn  
Lance Domengt  
Natasba Edwards  
Tena Funmaker  
Aric Koster  
Alissa Ford  
Raquel Greendeer  
Ken McAndrew  
Breeze Decora  
Jordan Merfeld  
Jake Berg  
Victoria Pettibone  
Arielle Whitegull  
Virginia McArthur

**Honor Roll continued**  
Aaron Flick  
Shena Munden  
Nolan Whitegull  
Devin Funmaker  
Jaysen Sargent  
Brockton Garvin  
Joshua Thundercloud  
Jordan Dominguez  
Tianna Pettibone  
Ashley Funmaker  
Latasha Greengrass  
Jasmine Funmaker  
Olivia Rave  
Dominique WhiteThunder

2006 Regional High School Art Exhibit  
**\*Arielle Whitegull\***

2005-2006 District Geography Bee  
**\*William Mackenzie\***

## Outstanding Athletes

<b>Volleyball:</b> Raquel Greendeer	<b>Cross Country:</b> Desiree Rave Gabrielle Rave Christian Cloud
<b>Basketball:</b> Dawson McAndrew Kenneth McAndrew	
<b>Wrestling:</b> Jaysen Sargent	
<b>Softball:</b> Landis Cleveland Raquel Greendeer	<b>Football:</b> Kenneth McAndrew
<b>Golf:</b> Daniel Youngthunder	<b>Baseball:</b> Dawson McAndrew

## Student of the Week

Wehonna Toth	Skylar Whitegull
Melissa Mach	Ashley Gulbranson
Forrest Whiterabbit	Jaysen Sargent
Eli Rave	April White
Jason Fox	Holly Lawver
Simon Snowball	Margarita White-Hernandez

## Student of the Month

Natasha Edwards	Devin Funmaker
Tena Funmaker	Tam Goodbear
Raquel Greendeer	Ken McAndrew
Jordan Merfeld	Dawn Mustache

## Elementary Art 2

Tianna Sargent	Cyrus Ortiz
Izall Ortiz	Zayta Thundercloud
Heather Youngthunder	Sebastian Dominquez
Katie Pettibone	RaiAnn Snowball
Desiree Rave	Jo Mackenzie
Kayla Rave	Michael Youngthunder

The following gave encouraging speeches to the youth and help present recognition awards.



Barb Blackdeer-Mackenzie : Executive Director of Education



Woodrow White: Higher Educatio Division Manager



Arielle Hall: Sandpillow Head start



Tina Boisen: Native American Student Support Specialist



# WELCOME TO THE HO-CHUNK NATION HEALTH PAGES

These health pages are coming to you once a month in hopes to assist you in finding the health information and schedule of health events you are looking for. Please contact Linda Lowery, Diabetes/Cardiovascular Risk Reduction Coordinator at 715-284-9851 ext. 5343 if you would like a particular topic covered in future issues. If you have any questions with the articles submitted please refer your question to the author of the article.



## House of Wellness Diabetes Wellness Clinic (DWC)

The House of Wellness, we offer a **Diabetes Wellness Clinic** on the **2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month from 8:00am - Noon**. What is the Diabetes Wellness Clinic? The Diabetes Wellness Clinic is an opportunity for people with diabetes and pre-diabetes (blood sugar levels that are higher than normal, but not high enough to be called diabetes) to come and meet with the diabetes team members and receive up-to-date information and treatment for diabetes.

Who is a part of the diabetes team? The first team member that you will encounter during the clinic is Renee Storandt, in the lab for any lab work you may need done. Following that, you will be served a nutritious breakfast and you will hear a presentation on one of many diabetes topics with an opportunity to ask questions. The remainder of the morning is spent in 30 minute individual appointments with Chris Frederick, Exercise Physiologist, Nancy Peloquin, Mental Health Counselor, Denise Dodson, Registered Dietitian, Jerilyn Traynor, RN, Nurse Educator, a physician (Dr. DuBray and Dr. Jarvis take turns seeing patients during Diabetes Wellness Clinics) and Lori Haun, Optometrist for a 1 hour dilated eye exam if needed.

For more information regarding the Diabetes Wellness Clinic, **pick up a brochure** at the clinic, or **call the House of Wellness** to speak with any of the diabetes team members. If you would like to participate in a Diabetes Wellness Clinic, **contact patient registration** to be scheduled at the next available Diabetes Wellness Clinic. We look forward to working with you to meet your goals for a healthier lifestyle.

### 2006 DWC Presenter Schedule

<b>May</b> 11 Strokes and diabetes 25 Diabetic Foot Care	<b>July</b> 13 Stress Management 27 Medications	<b>September</b> 14 Vision 28 Dental	<b>November</b> 9 Healthy Eating for the Holidays
<b>June</b> 8 Healthy Snack Ideas 22 Moving to Stay Healthy	<b>August</b> 10 Kidney Disease and diabetes 24 Complications	<b>October</b> 12 Heart disease and diabetes 26 Diabetic Foot Care	<b>December</b> 14 Moving to Stay Healthy

#### Fit Question

**‘Move Around Break... for Everyone... from those who do Bead Work to Bingo Players!**

Q. Why should I move around when I do my bead work and sewing? I love to sew and bead and that means staying seated to do so!

A. My recommendation is to continue what you love and no doubt your talent is appreciated and loved! But every *body* is created to move and ones health is best maintained when a balance of sitting and moving is practiced. It is wisest to get up and move around at least once every 30 minutes. Walk around your house and maybe incorporate getting a healthy snack and water or going to the bathroom. Try stretching your back by slightly leaning back when you stand or slowly bend at your sides. It is also important to take a 'move around break so that your circulation of fluids - blood - continues to flow appropriately between upper and lower body! You will find that this 'move around break will help with your alertness, lessening any chance of tired, achy muscles, and give your eyes a chance to relax and be ready to get back to your delicate work.

\*\* This 'move around break is also recommended for those who are avid bingo players! Take advantage of every opportunity for a stand up and 'move around break.

\*\* Those that bead, sew or do any craft work involving the hands should also try stretching the palm and fingers often during their work time. Try placing the palms and fingers together is if to pray, flattening out the palms and straighten the fingers. Hold for a count of ten and repeat. Wiggle the fingers also to keep them flexible and strong.

If you have any fitness questions please contact any of the following Exercise Service staff: Chris Frederick, 888-552-7889 ext. 5611, or Kathleen Clemons, 715-284-9851 ext. 5343

### RAISING THE ‘BAR’ HO-CHUNK NATION DIVISION OF HEALTH STANDARDS OF CARE

The Ho-Chunk Nation Division of Health is continually working to provide you with the best medical services possible. Continuity of medical care throughout the Ho-Chunk Nation is a necessity. That is why the Ho-Chunk Nation Division of Health met to discuss latest medical value findings and decided on a consistent message that all Division of Health staff will provide to community members throughout the Nation. ‘Raising the bar’ to follow the strictest of values for optimal health is what the Division of Health staff committed to. We believe committing to the following medical values promotes our commitment to best health while walking with you, working together toward best health, in your life journey.

Though the values noted are strict, research supports why these values are chosen. Although we all are at different stages within our journey of life and our medical values may not be what the Ho-Chunk Nation Division of Health Standards are we, the Division of Health Staff, want to see everyone work or strive for. We are where we are... begin, where we begin. With the support of the Division of Health staff each individual can strive for their best and the standard set. We encourage you to strive for your best and work toward optimal health. **Please talk with your health care provider for more information about these standards or to discuss the team effort from your Division of Health staff in achieving and maintaining the standards set.**

### Standards

Hemoglobin A1C	6.5 >6.5	Controlled Uncontrolled
Lipids:		
Total Cholesterol	<= 200	
LDL	< 100	(LOW DENSITY LIPOPROTEINS)
LDL	CAD < 70	
Triglycerides	<150	
Blood Pressure	<130/80	
Pre-prandial (capillary plasma glucose)		
Before all meals	80 -120	Blood Glucose/sugar
Postprandial	1 hr after meal	<180
Blood Glucose/sugar	2 hr after meal	<160
Bedtime		
Blood Glucose/sugar		100-140





Continued

# Bike Ride - June 10th

The Special Diabetes Grant for Indians and the Lifestyle Balance Program are pleased to bring you another great Fitness Initiative Event. The bike ride will be held June 10th, beginning at Speeds Bicycle Shop in Sparta. Registration is at 9:30 am. You can bring your own bike or we can rent a bike for you. There are a limited number of bikes available and will be reserved on a first come, first serve basis - AFTER YOUR DEPOSIT IS RECEIVED. See below for details.

***If you will be renting a bike, you will need to fill out this form and send in a \$12.50 deposit for each bike rental by May 26th. This will be returned to you when you check in at registration. If you do not attend the biking event, your deposit will be forfeited. There will be no exceptions. If you bring your own bike, we still require that you send in this registration form (without \$) so we know the number of trail passes that will need to be purchased. Please send your deposit in to Kathleen Clemons, Ho-Chunk Healthcare Clinic, N6520 Guy Road, Black River Falls, WI 54615. Any questions? Please call Kathleen at 715-284-9851, ext 5308.***

*Need bike rental*

**Name & phone number:**\_\_\_\_\_

**Number of bikes needed:** \_\_\_\_\_

Heights of participants:\_\_\_\_\_

**Ages of participants:**\_\_\_\_\_

**# of bikes x \$12.50 = deposit required to hold bikes. Amount**

**enclosed:**\_\_\_\_\_

## No bikes needed, just trail passes

**Name & phone number:**\_\_\_\_\_

### Number of participants 16 and over

### Number of participants 15 and under

***Snacks, lunch and water provided!!!!***

**Speed's Bike Shop, 1126 John Street, Sparta. 608-269-2315**

## Apples:

## They Really do Keep You Healthier by Keeping Your Cholesterol Low

We've all heard the adage, "An apple a day, keeps the doctor away". They don't have loads of vitamin C like oranges and aren't rich in vitamins and minerals like other fruits and vegetables. Just what is it about apples then that makes them so good for you?

According to a study done at the University of Kentucky School of Medicine involving diabetes expert, James W. Anderson, M.D., diabetic patients have been successfully treated with high-fiber diets. Researchers found that blood levels fell an average of 30 percent when patients switched to a high-fiber diet. According to Dr. Anderson, “gummy, water-soluble fibers” are best for lowering cholesterol. Pectin, the best-known form of fiber in apples, falls into this category.

Of course it takes more than apple a day to reap the benefits of a high-fiber diet. But if you usually eat lots of fruits and vegetables (between 5 to 9 - ½ cup servings/day), you're probably taking in enough soluble fiber to meet the recommended 25-35 grams of fiber/day. If you don't usually eat this way, try adding some of the following foods, in addition to apples, to your diet to "help keep the doctor away".

- Apricots
- Bananas
- Beans
- Broccoli
- Cauliflower
- Chick-peas
- Bran Cereal
- Corn
- Eggplant
- Figs/Dates
- Dark Leafy C
- Oatmeal

Okra  
Peas  
Whole-Grain Cereals/  
Breads  
Potatoes/Peels, Too  
Prunes  
Winter/Summer Squash

Submitted by: Denise  
Dodson, Registered Dietitian  
Community Health Nutrition-  
ist, House of Wellness

## MAY – YOUR MONTH FOR SPORTS AND FITNESS

Yes, May is National Sports and Fitness month. Celebrate your health by being active at least 30 minutes most days of the week. Realize that by being active *together as a family* you are preventing a silent enemy from approaching you and your circulatory system – High Blood Pressure. Yes, in addition to May being National Sports and Fitness month, May is also Blood Pressure Awareness month. In the game of good health Fitness and High Blood Pressure are on opposing teams—'duking it out', tackling each other. It is simple... when active or being Fit, your heart is doing its job in getting the blood to all the needed areas that are moving. It is carrying those powerful needed nutrients and oxygen all throughout your body. As you continue to be active and Fit on a regular basis this circulatory system (heart and blood) is working like a fine tuned machine, like a river flowing without any obstacles. When active on a regular basis your circulatory system won't experience high, unwanted stress or pressure on the walls of arteries. If in the game of good health a person doesn't have regular Fitness in the game-plan, High Blood Pressure can take the lead. Prevent the silent enemy from winning in the game of good health by being active 30 minutes most days of the week!

**CELEBRATE YOUR FAMILY**

BE ACTIVE TOGETHER AND SHARE OPTIMAL HEALTH AND HAPPINESS  
 ~~~ JUST PLAY ~~~

For more information about Activity and Fitness contact:  
Chris Frederick, Exercise Physiologist Dells, Tomah, La Crosse  
888-560-4616 ext. 5611

Kathleen Clemons, Exercise Physiologist Black River Falls, Nekoosa, Wittenberg  
715-284-9851 ext. 5308

## *Suggestions for Injury-Free Springtime Sports?*

As the weather turns warmer and the snow melts, our opportunity to participate in games and sports increases. Sports are a great way to be active and participation in leagues helps to make activity a more regular part of a weekly routine. However, along with the opportunity to play can come the opportunity for injuries, especially overuse injuries. In order to get the most enjoyment out of your springtime activity, you need to take a few steps to get your body up to speed with your enthusiasm.

Here are a few suggestions to help you with the transition from a sedentary winter to an active spring!

- Build up to weekend physical activity throughout the week. This can be as simple as choosing the stairs instead of the elevator, parking your car a bit further from you destination and walking, or taking 15 or 20 minutes to walk or run on your lunch hour.
- Warm up, warm up, warm up! Combine exercises such as slow jogging, knee lifts, arm circles or trunk rotations with mild stretches for at least five minutes prior to any sports competition.
- Compete with someone of similar ability, at least for the first couple of days. If you compete with someone more challenging, don't over-exert yourself.
- Don't eat heavily before you compete. Stay away from fatty foods and salt. The hot weather can absorb potassium and cause cramping.
- Drink plenty of water leading up to the event, as well as throughout the day of the event. If you feel you are pushing yourself too hard, slow down. Over-exerting yourself the first time out is a very common cause of injury. In addition to allowing for plenty of time to warm up, spend a few minutes stretching as a way to cool down. This can include slow walking, low-level exercise and stretching.
- If you exercise outdoors, watch for changes in the weather and dress appropriately.
- Stay away from alcoholic beverages before and during sporting events.

If you have any questions about activity in your lifestyle, please feel free to contact the Exercise staff: HOUSE OF WELLNESS (355-1251)—Chris Frederick, Exercise Physiologist x5611. HEALTH CARE CENTER, BRF(715-284-9851)—Kathleen Clemons, Exercise Physiologist x5308.



## Ho-Chunk Insurance Review Commissioner

The Department of Insurance is currently seeking an individual interested in filling the vacancy on the Ho-Chunk Insurance Review Commission (HIRC). The HIRC has been established to hear any issues and make any necessary final determinations relative to the Ho-Chunk Nation Insurance Plan, the Ho-Chunk Nation Worker’s Compensation Plan and any other issues that may arise under these plans. The Commissioner shall serve as one of four decision making authorities.

Qualifications:  
The Commissioner shall have the requisite skills, knowledge, and education to provide professional decisions on all cases presented. Mileage and stipend will be paid according to policy. The individuals may submit their resumes to Tia Chick, Benefits Specialist, Department of Insurance, P.O. Box 667, Black River Falls, WI. 54615. As soon as possible, no later than May 1, 2006.

## -ATTENTION HO-CHUNK NATION ELDERS age 60 & over- You are invited to attend the National Indian Council on Aging Conference

To be held in Tulsa, OK in September 2006  
September 14, 2006-Tentative stayover in Topeka, KS  
September 15, 16, 17, 18 stayover in Tulsa, OK  
Departing for home on September 19, 2006-no hotel stayover (charter bus trip, registration, hotel stay & per diem will be provided)  
\*Please contact Marie Lewis or Cindy White at (715) 284-0811 or (888) 701-8284 to sign up\*  
\*\*June 2, 2006 at 4:30 p.m., is the final day you may sign up\*\*  
Could you please let me know when this will be put in the paper? The sooner the better.  
Thank you for your help.

## TERO has funds available

The TERO division has training monies to be used for tuition and books for the unemployed only, not to exceed \$500. This is for people who are not eligible to use NPD (employee) training monies or the 477 program and Education.

There are requirements for utilizing these training monies:

1. must be unemployed,
2. must have not utilized any TERO training monies before,
3. must provide proof of completion,
4. monies will go to the vendor only.
5. must be registered with the Job Skills Bank

Please come to the TERO office and completed a Training Request form

Any questions, call the TERO office at 715-284-5877, x1156 or 1136.

## 6<sup>th</sup> Annual National Indian Police Academy

August 16-19, 2006  
Appleton, WI.



ALL EXPENSE PAID!

All applications will go through a review process. Selected applicants will be notified by telephone and Academy staff will assist with all arrangements for attendees.

Applicants must be:  
Between the ages of 14-17 on August 6, 2006  
And enrolled member or direct descendant of an enrolled member of a recognized tribe  
Currently in school or earning a GED

Phone: 888-370-1952  
Fax: 920-996-7192  
Online:  
[www.fvtc.edu/NIYPA](http://www.fvtc.edu/NIYPA)

Apply by:

Mail  
Attn: Nancy Ruddy  
Fox Valley Technical College  
CJ Center of Innovation  
2320 Industrial Drive  
Neenah, WI. 54956

## Monthly Board Meeting For Ho-Chunk Housing and Community Development Agency (HUD)

Meeting: Thursday, May 18, 2006  
Place: 1116 Monowau Street, Tomah, WI. 54660  
At: 6:00 P.M. (Corner of Monowau Street and Sime Avenue)

### Board of Commissioners

|              |                    |
|--------------|--------------------|
| District I   | Lee Brown Jr.      |
| District I   | Amos Kingsley      |
| District II  | Colin Carrimon     |
| District II  | Troy Swallow       |
| District III | Open               |
| District IV  | Veronica Wilbur    |
| District IV  | Terrence Johnson   |
| District V   | Lisa A. Stroessner |
| District V   | Fawn Stumblingbear |

Agenda items by noon, May 12, 2006  
HHCDA (608) 374-1245 Fax: (608) 374-1251

## Law enforcement mobilization designed to increase safety belt use

Rural roadways that wind through Wisconsin’s scenic farms and forests are not only beautiful-they can be deadly. Approximately four out of five fatal traffic crashes in Wisconsin during 2005 occurred on rural roads.

“Rural roads are to blame for 80 percent of Wisconsin’s fatal traffic crashes. The real culprit is driver behavior on rural roads, especially not wearing safety belts,” said Wisconsin State Patrol Major Dan Lonsdorf, Director of the Bureau of Transportation Safety. “Buckling up is the most single effective way to protect people and save their lives in traffic crashes. Seventy-five percent of passenger vehicle occupants who are buckled up survive a serious crash.”

To save lives and prevent serious injuries on rural roads, approximately 300 law enforcement agencies in Wisconsin will mobilize from May 7-21 to aggressively enforce traffic laws and increase safety belt use in rural areas. Law enforcement officers will be patrolling in greater numbers and for longer hours during the mobilization.

The rural mobilization will be followed by a statewide “Click It or Ticket” law enforcement mobilization from May 22-June 4 as part of a national campaign to increase safety belt use.

The “Click It or Ticket” message is clear. If you’re stopped by an officer and aren’t wearing a safety belt, you will get a ticket whether you’re driving or just a passenger. “No excuses will be accepted and you won’t get a second chance,” Lonsdorf said. “This combination of stringent law enforcement and an effective media campaign has been successful in increasing safety belt use in recent years. A survey last year showed that safety belt use in Wisconsin reached an all-time high of 73 percent. But we still have a lot of work to do to reach the national average of 82 percent. In addition, Wisconsin is significantly behind our neighboring states, all of which have a safety belt use rate or more than 80 percent, including Michigan at nearly 93 percent and Illinois and Iowa at about 80 percent.”

A major public safety challenge for Wisconsin is increasing safety belt use in rural areas. According to the National Highway Traffic Safety Administration, the following nationwide figures show a disproportionately higher death toll on rural highways, especially among pick-up truck occupants.

- \* While only about 20 percent of Americans live in rural areas, rural traffic crashes accounted for 57 percent of the nation’s total in 2004.
- \* The rate of traffic fatalities in rural areas is almost double the fatality rate in urban areas.
- \* Pick-up and truck motorists and passengers in rural areas have the lowest safety belt use rates of all motorists.
- \* In 2004, 68 percent of pick-up truck drivers and 73 percent of pick-up passengers who were killed in traffic crashes were not buckled up.

The nationwide figures are mirrored in Wisconsin, Lonsdorf said. Only about 58 percent of pick-up truck occupants statewide buckle up while 80 percent of minivan occupants, 77 percent of SUV occupants and 74 percent of passenger car occupants use safety belts.

There are also regional variations of safety belt use. The Fox River Valley region, encompassing Appleton and Green Bay has the highest rate of safety belt use at about 77 percent. The Central Wisconsin region, which includes Wausau and Rhineland, has the lowest at 66 percent.

Lonsdorf said, “we estimate that every one percentage point increase in safety belt use in Wisconsin saves about six lives each year. Safety belts provide the most effective protection against being ejected from a vehicle or thrown around violently inside it during a crash. And that’s why law enforcement officers would rather write a thousand tickets than have to tell another family that a loved one is never coming home again simply because a safety belt was not used.”



## DIABETES WELLNESS CLINIC

### House of Wellness

S2845 White Eagle Road  
Baraboo, WI 53913

**8:00 a.m. – Noon Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday**

The Diabetes Wellness Clinic is a program designed to provide persons with **diabetes** and **pre-diabetes** (blood sugar levels that are higher than normal, but not high enough to be called diabetes) an opportunity to meet with diabetes team members. The diabetes team members include dietitian, nurse educator, exercise physiologist, behavioral health representative, optometrist, and medical doctor. A nutritious breakfast is provided while participants receive up-to-date information that will help prevent complications of diabetes such as heart attack, stroke, kidney failure, and blindness.

#### The schedule of topics for 2006 includes:

- |         |   |                                                              |
|---------|---|--------------------------------------------------------------|
| May 23  | – | Stroke: Types, Risk Factors, Prevention, Symptoms & Response |
| May 25  | – | Happy Feet                                                   |
| June 8  | – | Healthy Snack Ideas                                          |
| June 22 | – | Staying Healthy with Movement                                |

**Call patient registration at 608-355-1240 ext. 5502/ext. 5509** to be scheduled at the next Diabetes Wellness Clinic. Please feel free to bring a spouse or companion, so both of you can learn how to follow a healthier lifestyle

### Ho-Chunk Nation Small Business

#### Program announces:

#### Zura Honac Business Loan Program- Tribal loan fund

Available to Ho-Chunk enrolled Tribal members only.

#### All Nations Business Loan Program-USDA IRP loan fund

Available to Businesses located in six Wisconsin counties of: Jackson, Monroe, Juneau, Sauk, Wood, or Shawano. Funds are available to Native and non-Native Americans, USDA final approval.

#### Applications for Quarterly Funding Cycles Due by:

June 21, 2006

September 21, 2006

#### Both Loan Fund Programs are for New or Existing Businesses

Zura Honac Business Loans amounts are from \$10,000-\$25,000 (competitive)  
All Nation Business Loan amounts are from \$5,000-\$35,000 (less competitive)

Free Technical Assistance is Available thru the Small Business Program, by contacting us for free one-to-one assistance for business plan preparations. Also have the manual business plan workbooks, and the user-friendly website: [www.hochunkmall.com](http://www.hochunkmall.com), most current compilation of Ho-Chunk Tribal member owned small businesses, as a FREE Marketing Service for Tribal members only. Business Plans submitted are scored competitively according to established criteria, highest scores are funded until the \$75,000 (Zura Honac Business Loan Fund) per quarter is exhausted. The All Nations Business Loan Fund does not currently have a limit on the number of loan amounts funded per quarterly funding cycle.

#### New Opportunities:

Ho-Chunk Tribal members seeking additional capital to start or expand their businesses in the six WI counties may qualify for both loan programs in a quarterly funding cycle for an allowable maximum loan amount of \$60,000.

#### Required:

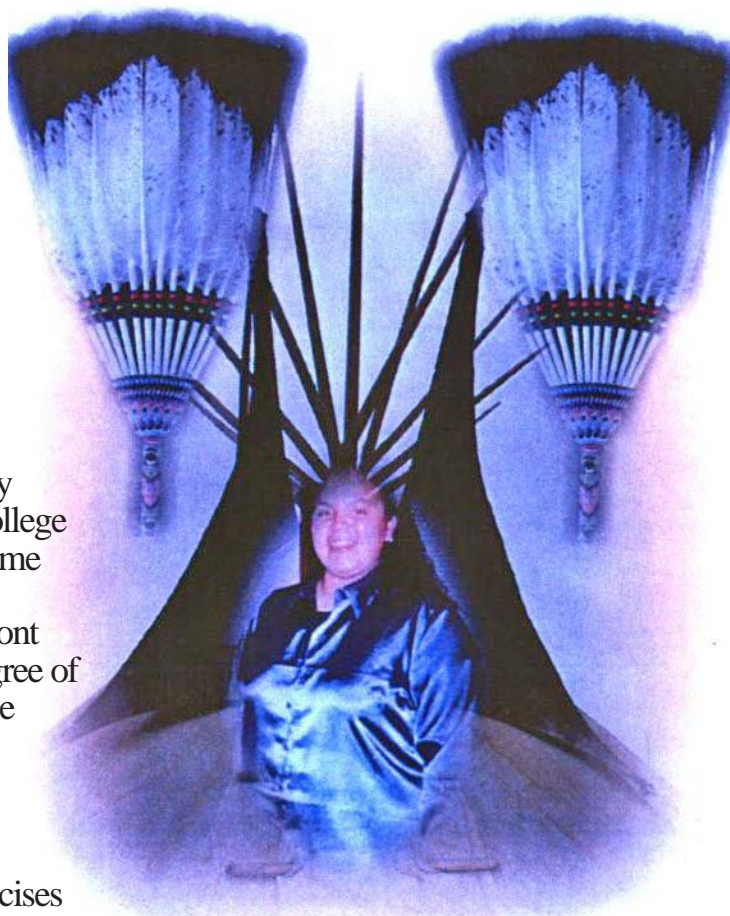
Term Life or Credit Insurance on Business Loans  
Completed Business Plans – addressing revised scoring criteria & program guidelines

Must meet all requirements of both programs  
Ho-Chunk Nation Small Business Program,  
Karen WhiteEagle, @ 800-294-9343, Ext. 1179

[KWhiteEagle@ho-chunk.com](mailto:KWhiteEagle@ho-chunk.com) or [smallbiz@ho-chunk.com](mailto:smallbiz@ho-chunk.com)



On behalf of the  
Augsburg Community  
in the 137<sup>th</sup> year of the College  
President William V. Frame  
announces that  
April Rainbow Clairmont  
is a candidate for the degree of  
Bachelor of Science  
in  
Social Work  
to be awarded  
Augsburg College  
Commencement Exercises  
Saturday, May sixth  
Two Thousand and six  
At one-thirty in the afternoon



#### In Honor of April Rainbow Clairmont

“Wakinyan Tashina Win- Thunder Shawl Woman”  
Obtaining her Bachelors Degree in Social Work  
on May 6, 2006, 1:30 p.m. at Augsburg College  
in Minneapolis, MN

Join us for a reception at Silver View Park  
Moundsview, MN following the reception

#### Native American Church Graduation Prayer Meeting

**Date:** May 25, 2006-Thursday night prayer  
meeting followed by Friday dinner at noon.  
Everyone welcome to come eat and help us  
celebrate April's accomplishment.

**Location:** Gaga Elizabeth Deere Residence at  
Price, Wisconsin.

**Conducted by:** Gordon Thunder  
**Sponsored by:** April's Parents' Jim & Bonnie  
Clairmont and family.



## Little Bull Falls Festival seeking Native American participation

We, on the Little Bull Falls Festival committee, are excited to be organizing the first annual festival that will be celebrating the early times of our community (circa 1850 - 1920). Scheduled to occur the weekend of August 18-20, we will be bringing an earlier way of life back by closing our downtown district and River Park area to bring in demonstrators, artisans, food vendors, historical exhibits, hands-on activities, contests, etc. Some of our larger attractions include professional (and amateur) Lumber jack/jill contests, living history Rendezvous (settlers, lumbermen, and fur trappers), Woodsman 10K, handcrafted artists demonstrating and selling items of their trade, and community meals (fish boil, chicken dinner, pig roast, etc.) Many more events are also being scheduled as the news of this event travels.

With Native American culture obviously being an important part of our history, we would like to extend to the Ho-Chunk an invitation to participate in the festival. If you haven't done so already, please feel free to explore the Little Bull Falls Log Jam further on-line at

[www.logjamfestival.org](http://www.logjamfestival.org),  
[www.mosinee-chamber.org](http://www.mosinee-chamber.org), or  
[www.mosinee.wi.us](http://www.mosinee.wi.us).



**Ho-Chunk Nation Small Business Program**

Presents

**Entrepreneur Helping Entrepreneur (EHE)**

Monthly Small Business Club Meeting

Wednesday, May 17, 2006

5:30 – 7:30 p.m.

Executive Office

W9814 Airport Rd.

Black River Falls, WI 54615

**Guest Speaker: Larry Knudsen, Indigenous Internet Chamber of Commerce, Two Buffalo Construction Supplies, President/CEO.** From the very start of Two Buffalo, he knew building relationships and surrounding himself with successful business owners would be the key to success. Serving on the American Indian OIC in Minneapolis, Board of Business Professional serving in the Education Field, the Minnesota State the Minneapolis South Rotary Club. "Little did he know Rotary was going to be the launching pad for my next challenge, becoming a Social Entrepreneur?"

Timing is right for the first Indigenous Internet Chamber of Commerce. IICOC Incorporated in 2005, An International Chamber of Commerce serving Indigenous peoples of the Western Hemisphere. Founder of Two Buffalo Construction Supplies.

\*Open to the public    \*Networking opportunities  
 \*Beverages served    \*Resources-Program info. Available

For More Information Contact:

Ho-Chunk Nation Small Business Program

(800)294-9343 Ext. 1140

or visit our website: [www.hochunkmall.com](http://www.hochunkmall.com), or:[smallbiz@ho-chunk.com](mailto:smallbiz@ho-chunk.com)& [KWhiteEagle@ho-chunk.com](mailto:KWhiteEagle@ho-chunk.com)

We are pleased to announce that the "Abdo" family  
 Of Lake Andres, South Dakota along with the  
 Children of  
 Hope Smith

Will be sponsoring a  
 Mother's Day Prayer Meeting  
 On her behalf.



To be held at Hope Smith's Residence  
 May 14<sup>th</sup>, and 15<sup>th</sup>, 2006.  
 We are inviting all Mothers to attend this celebration.

## Town of Brockway Police Department

Town of Brockway Chief of Police, Christian Eversum, announced recently that the Brockway Police Department is once again taking part in the statewide mobilization effort to increase safety belt use. Officers from this agency will be involved in the heightened "Click It or Ticket" mobilization effort from May 7-21, 2006.

This is part of a statewide effort sponsored by the Wisconsin Department of Transportation to prevent serious injuries on rural roads in our community.

Safety belts provide the most effective protection against being ejected from a vehicle or being thrown around violently inside it during a crash.

The Department urges everyone "to please wear your safety belt and drive safely."



### In Memory of Samuel S. Lone Tree July 19, 1915 – May 7, 2002

Jagee, though you are no longer here in earthly form, your presence is still felt from the many memories you left with us. It was four years ago May 7, 2002, that you breathed your last sigh of the scared wind of Mauna, The Earthmaker.

Jagee, though you have journeyed on to the Spirit World, your words continue to dwell in our hearts, echoing the proverbs you taught of life everlasting. Your deeds of serving, ministering and comforting others, of selfless sharing and giving spoke volumes of who you really were. You were very generous and compassionate in helping those in need. Your work was much more than mere words coming from the pulpit.

Jagee, your teaching about the love of the Lord and His promise of eternal life, along with your songs accompanied by the beautiful heart beat of your water drum and gourd, and the sweet aroma of cedar around the sacred teepee fireplace are forever etched in our mind's eye. You were like a shadow of a white cloud darting across the landscape as you spread the "Truth" among legions of the faithful your extensive travels.

Jagee, you and Nani were two voices in harmony with the message of love and respect for one another. You both showed my eleven siblings and me the true meaning of a family; of a house being a home. You were our refuge, our home. Your knowledge of Ho-Chunk lore shared around the kitchen table is priceless. You were a treasure we took for granted. Today, as I winter into wisdom, I appreciate more fully the precious value of your gifts.

Jagee, I know the Rabbit Man saw you were heartsore for Nani. He felt your pain and suffering and called you home. He closed your eyes and whispered, "Peace Be Thine, White Cloud." Your spirit soared from your breast with the wings of an eagle to join all loved ones who went before, especially Nani.

Jagee, I know I speak for all my brothers and sisters when I say we were blessed to be your children.

Ha-ga/ Spencer

Gongrats son!

We are very proud of our son, Albert Brooks Hindsley (Blue Thunder) and we would like to share his achievements with our Ho-Chunk relatives, as he represented his nation well. During the weekend of April 28<sup>th</sup> he participated in the Gathering of Nations World Championship Competition in Albuquerque, New Mexico. There, he took first place in the Teen Boys Northern Traditional dance competition. He also placed third in the Teen Boys Traditional Special. We would like to recognize our son for his outstanding accomplishment. We love him and thank god for both our boys. Albert Hindsley is of the Dine Nation and Ho-Chunk Nation and is recognized by the following clans: Red Cheeks People, Born for the Thunder Clan of Ho-Chunk Nation; his maternal grandparents are of the Folded Arms People. Congratulations son!

Charles Hindsley  
 Fremina Sisco

## SECOND ANNUAL HAGA (Ho-Chunk Area Golf Association) BIG CUP TEAM SCRAMBLE

Riverbend Golf Course

Northbend, WI

Saturday – May 27, 2006

REGISTRATION

8:00 AM – 9:00 AM

(First Sixty Golfers)

SHOTGUN START @ 9:30 AM

COST \$45.00 PER GOLFER

(Green Fees, Cart, Skins &amp; Meal)

FLAG EVENTS

(Seeking Nine Hole Sponsors)

Contact: Tracy Thundercloud

@ 715 284 5525 (Leave Message)

Riverbend Golf Course Serves Breakfast



LEGAL NOTICES

**SUMMONS**  
(Second Publication)  
**IN THE HO-CHUNK NATION TRIAL COURT**  
Frances Peter Rave, Petitioner, v.  
Lisa Ann (Rave) Bannuelos,  
Respondent.

Case No.: CS 06-15  
TO THE ABOVE-NAMED RESPONDENT: Lisa Ann (Rave) Bannuelos  
You are hereby informed that you have been named a respondent in the above-titled civil lawsuit. This legal notice if the *Petition to Register & Enforce a Foreign Judgment or Order* is now served upon you by publication. Your written *Answer* to the *Petition* must be filed with the Court on or before the twentieth day from the date of this second published issuance of this *Summons*. You may request a hearing within your written response. See RECOGNITION OF FOREIGN CHILD SUPPORT ORDERS ORDINANCE, 4 HCC 2.5. Also, you must send or present a copy of your *Answer* to the opposing party listed above or to their attorney of record. Failure to file a timely *Answer* in the time allowed can affect your right to object to the enforcement of the foreign judgment or order. Id., 2.6c.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court's address is P.O. Box 70, Black River Falls, WI. 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

NOTICE

*Ho-Chunk  
Department of  
Heritage  
Preservation  
Board of Directors  
Meeting*

10:00 a.m. Wednesday,  
May 17, 2005

At

Business Conference  
Room  
HCN Tribal Office  
Building  
W9814 Airport Road  
Black River Falls, WI

‘WANTED’

Ho-Chunk Nation Small Business Program  
Review Board Members

Seeking individuals interested in reviewing business plan proposals for Quarterly funding cycles for a one-year term. If you are interested call the Small Business Program at (800) 294-9343 ext. 1140 or (715) 284-9186 ext. 1140, to complete an application.

All reviewers must sign a statement adhering to confidentiality of business plans reviewed

Specific Duties of a Review Board Member:

- Understand or have prepared business plans
- Calculate Business Financials: Income & Expense Statements, Cash Flow, Balance Sheets
- Experience in operating or managing a business
- Knowledge of Marketing
- Assign scores & comments to each business plan

Recommended qualifications

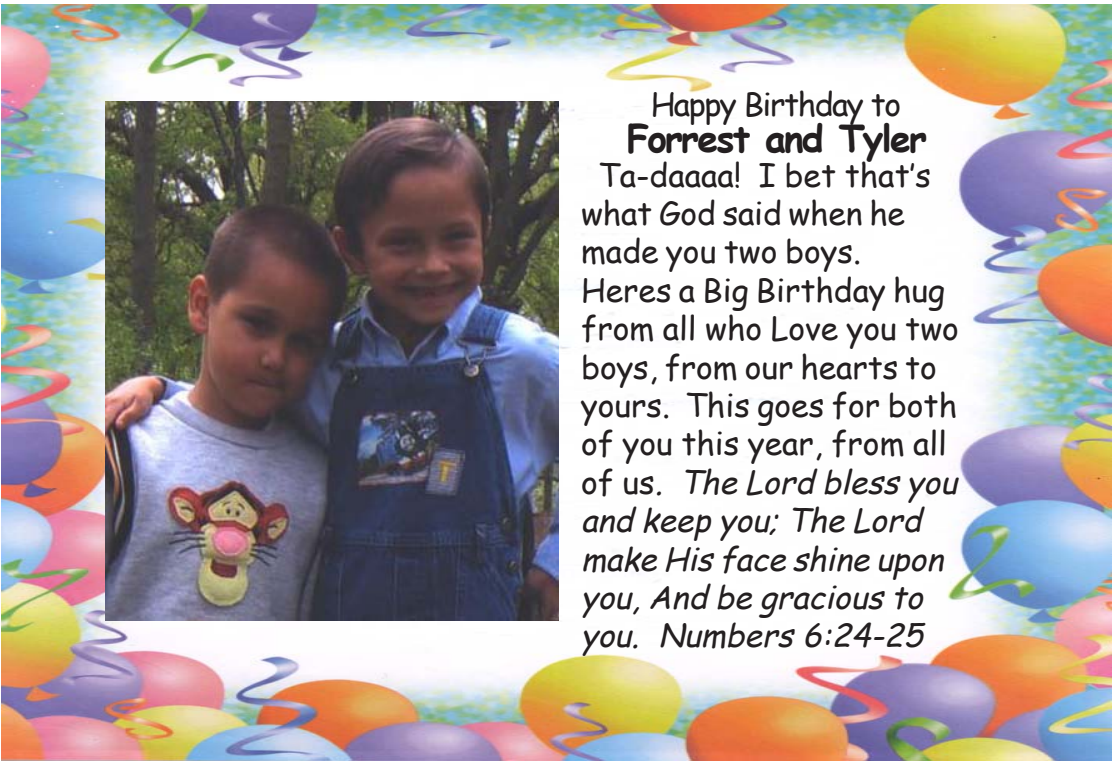
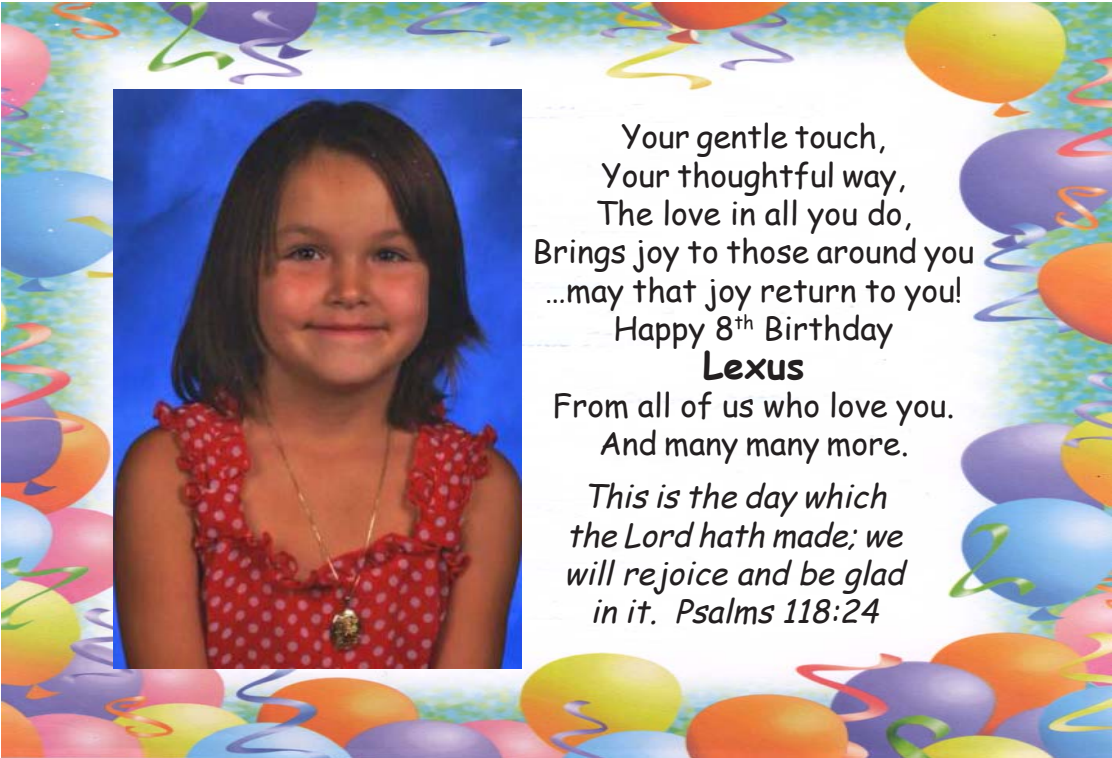
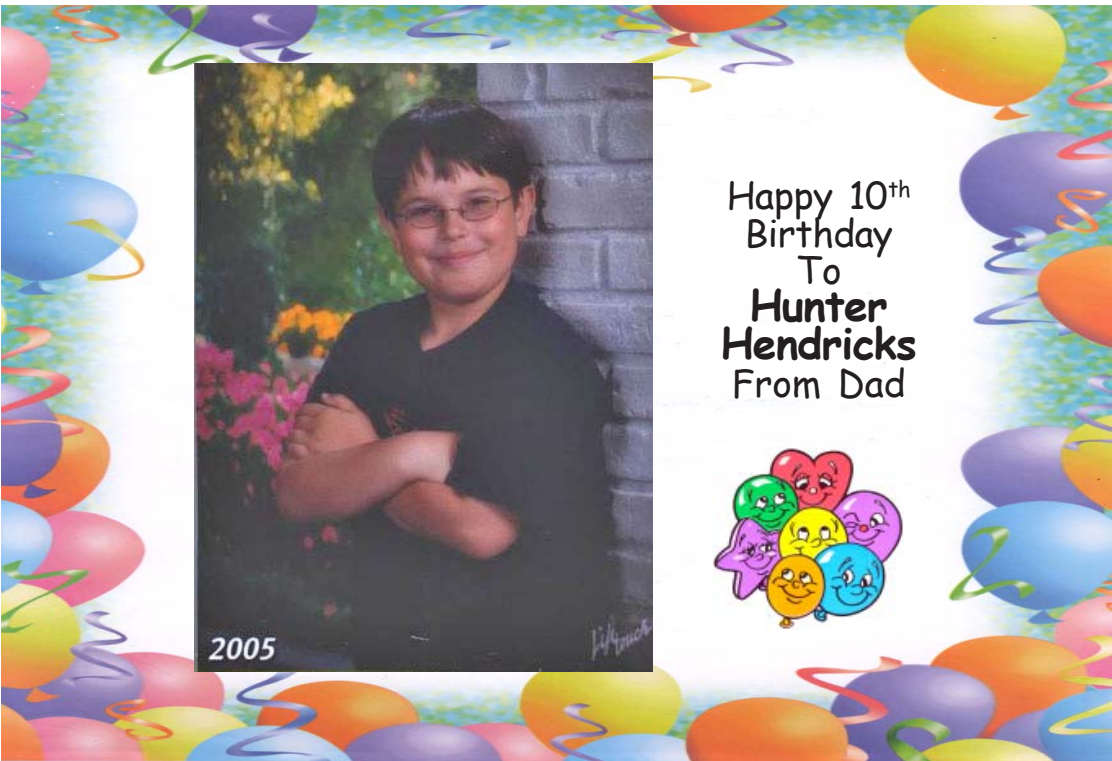
for the Review Board:

Be an enrolled member of the Ho-Chunk Nation  
or Native American

Knowledge and familiarity with the HIPPA Ordinance

Business oriented and knowledgeable background beneficial

Good judgment fairness and impartiality



ONCE AGAIN!  
A SPECIAL OFFER

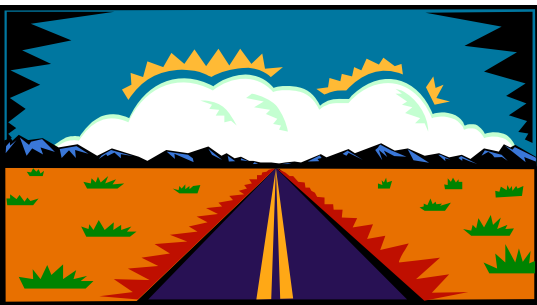
BY DOCTORS WALKER AND  
BOARDMAN!

GIVE YOURSELF A GOAL FOR YOUR SPRING WORKOUT  
AND JOIN US FOR THE

The eighth annual event starts with  
**6.5 mile canoe race** down the Root River  
(no rough water)

followed by **8 miles on a bike** back to Houston and  
finally a **3 Mile run** through town.

ROOT RIVER  
TRIATHLON



MAY 20<sup>TH</sup> IN  
HOUSTON, MN

This is a fun day and a beautiful  
place to visit and there is a  
good place to camp the night  
before near the starting line.

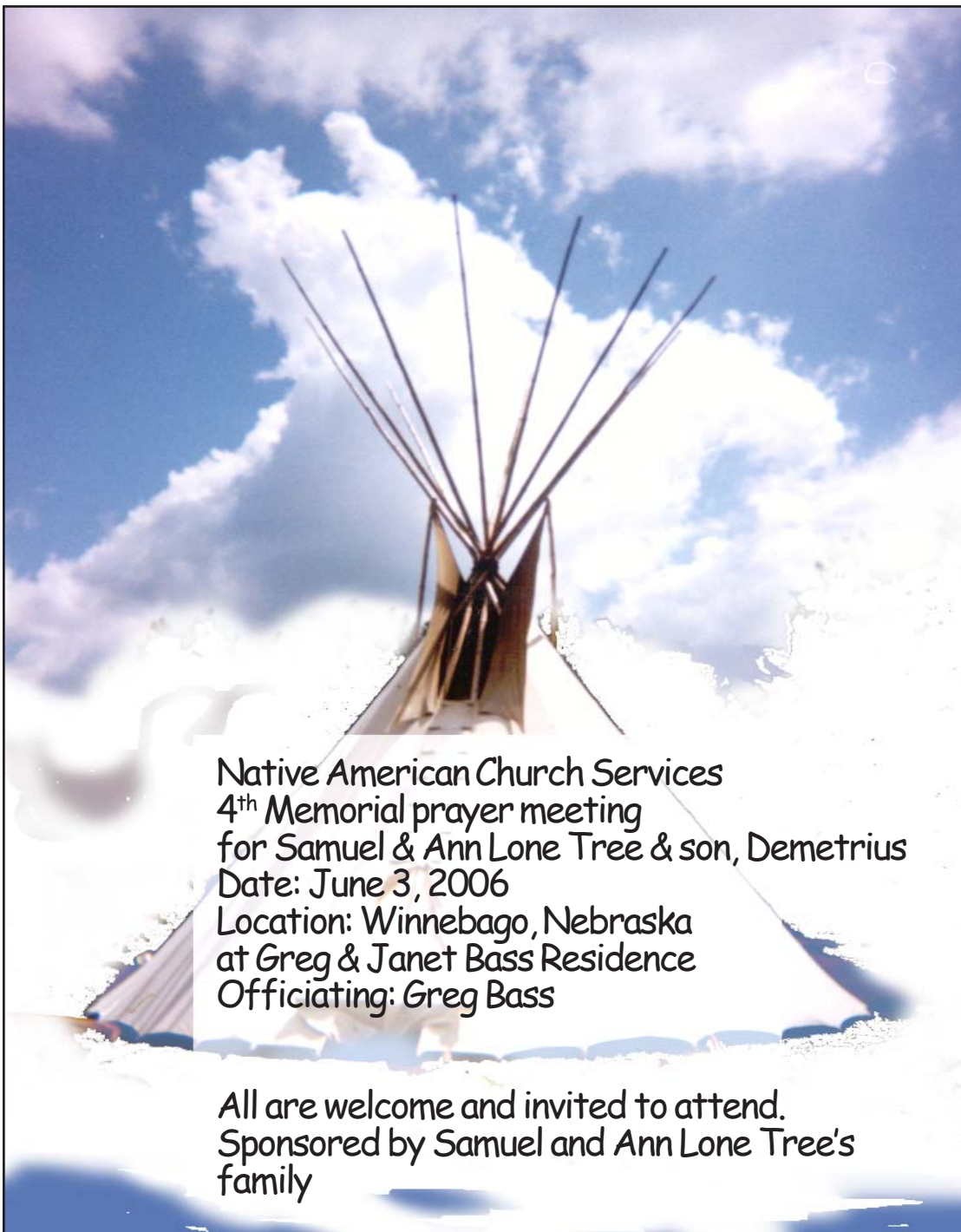
**Individual registration is \$30 - \$50.**  
**Teams of 4 pay \$110 - \$140.**

If you are interested, check out the web site at <http://houston.govoffice.com/houston.govoffice.com>.  
and click on the root river triathlon link.

Registration deadline is May 1st.  
(Let one of the Docs know if you plan to  
attend or if you need a partner.)

Yeah, we know that you still regret missing this  
one last year.





## Daniel Craig Snowball

Graduating from the University of New Mexico with a Bachelor's Degree in Communication and Journalism

On Friday, May 12, 2006, Danny Snowball will be graduating Cum Laude at the University of New Mexico in Albuquerque, N.M. He is a candidate for the degree of Bachelor of Arts in Communication and Journalism with an emphasis in Print Journalism and a minor in Native American Studies. He has an Associate of Arts degree from the Institute of American Indian Arts in Santa Fe 2001. Danny would especially like to thank for their support during his course of study, his mother Carol Snowball, his brother Terry Snowball, the wonderful and caring staff at Native America Calling and National Native News, Professor/Mentor Mary Bowannie for introducing me to the latter, Tina James-Tafoya, Harlan McKosato, and Paul Arentz for giving me my first internship.

## Understanding Social Security's Disability Program

By: Bruce W. Schultz  
 Social Security Public Affairs Specialist

Social Security employees are often asked about our disability programs.

Here is a quick primer on the answers to four frequently asked questions, together with a reference source that should be able to answer many Social Security disability questions you may have. **How does Social Security decide if someone is disabled?**

By law, Social Security has a very strict definition of disability. We consider you disabled under Social Security rules if, due to a medical or mental condition:

- You cannot do work that you did before and we decide that you cannot adjust to other work because of your condition(s); and
- Your disability is expected to last for at least one year or to result in death.

### Why is Social Security's definition of disability different from that of other programs?

Social Security disability laws are different from those of most other programs because, unlike many other programs, Social Security pays only for total disability. No benefits are payable for partial disability or for short-term disability. Social Security program rules assume that working families have access to other resources to provide support during periods of short-term disabilities, including workers' compensation, insurance, savings and investments.

### How long does it take to receive a decision about a disability claim?

It usually takes between 3 and 5 months to get a decision on an initial application. The time needed for a decision depends on how much time it takes to get your medical records and any other evidence needed to make a decision. The more information you can provide about your medical

condition, the better your chance for a quicker decision.

### What is the difference between the Social Security disability and SSI disability programs?

The medical criteria for the Social Security and Supplemental Security Income (SSI) disability programs are basically the same. But Social Security disability insurance is based on work done in jobs covered by Social Security. The program is financed with Social Security taxes paid by workers, employers and self-employed people. The amount of the monthly disability benefit is based on the Social Security earnings record of the worker. In 2006, the average monthly benefit payment for a disabled worker is about \$939, and for a disabled worker, spouse and one or more children, about \$1,571.

SSI disability payments are made on the basis of financial need. The program is financed through general revenues. The monthly payment amount varies up to the maximum federal benefit rate, which may be supplemented by the State or decreased by countable income and resources. Effective January 1, 2006, the federal benefit rate was \$603 for an individual and \$904 for a couple.

### What if the disability claim is denied?

Social Security wants to be sure that every decision made about your claim is correct. If you do not agree with our decision you should ask for us to look at your case again, that is you should file an appeal. You must request your appeal within 60 days from the date you receive our letter of decision. There are four levels or steps of appeal. Your decision letter will explain these in more detail.

More complete information about these Social Security disability questions and many others can be found on our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

*Bruce Schultz is the Public Affairs Specialist for Northern Wisconsin. You can contact Bruce at 4120 Oakwood Hills Parkway, Eau Claire, Wisconsin 54701 or via email at [bruce.schultz@ssa.gov](mailto:bruce.schultz@ssa.gov)*

## National Native News and Danny Snowball

by: Patty Talahongva  
 Managing Editor/Host  
 Native America Calling

Each morning the pressure is on in the National Native News newsroom to get a fresh interview, check facts, write scripts and produce the five-minute nationally syndicated radio newscast. For nearly three years Danny Snowball has been a crucial part of that morning rush. Five minutes might not seem like a long time but it takes solid team work to build the newscast. As the intern for NNN, Snowball has honed his skills as a Native journalist. He graduates with experience most journalism grads can only dream of. During his tenure in the newsroom of both NNN and Native America Calling, he's interviewed newsmakers such as Sherman Alexie, Wes Studi, former presidential candidate Howard Dean and exercise guru Jane Fonda. He's contributed to the editorial meetings for NAC and has produced programs dealing with traditional totem pole carvers, t-shirts with political messages, and Native bikers. As the Managing Editor of both programs and the host of NAC, I've been pleased with Danny's work ethic and eagerness to become a strong journalist. Besides his good work, we will miss the cakes he's baked for our birthdays, the fry bread he treats us to and of course the wild rice dishes he whips up for our potlucks. We are proud that he's graduating and we wish him the very best in his journalism career. He enters a field that so desperately needs more Native voices. Congratulations Danny and thank you for your professionalism and your dedication!

## May Elders Birthdays

Renee Coleman  
 Amos Kingsley  
 Blanche Blackcoon  
 Mitchell Littlebear  
 Kate Martin  
 Alvina Bolinski  
 Norvel Lonetree  
 Carlos Funmaker  
 Joyce Penland  
 Phillip Vann  
 Raymond Thundercloud  
 Riley Sine  
 Ruth Sine  
 Nancy Prescott  
 Clarence Tipton

Russell Monegar  
 Gerhard Sine  
 Sandra Smith  
 Cecil Garvin  
 Howard White Thunder  
 Larry Garvin  
 Jeremy Rockman  
 Carole St. Cyr  
 Mary Bernhardt  
 Earle Stephens  
 Helen West  
 Gloria White Thunder  
 Lillian Longtail  
 Orville Tipton Jr.

Vera Denny  
 Joyce Warner  
 Maxine Kolner  
 Dexter Yellowthunder  
 Virginia Dixon  
 Vaughn Pettibone  
 Stella Soldier  
 Frances Wentz  
 Louis Decorah  
 Arlene Shegonee-Elwort  
 Rosalie Brown Thunder  
 Germaine Green  
 Yvonne Smith  
 Truman Williams  
 Eugene Cloud